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City of Bethlehem

MRC

VOLUNTEERS MAKING A DIFFERENCE IN OUR COMMUNITIES HEALTH

Get your Flu shot!

As the flu season approaches I encourage all of our volunteers and their loved ones to get vaccinated against the Flu.

The adjacent chart illustrates the Bethlehem Health Bureau’s 2010 Flu clinic sites and times. Flu vaccine is \$10 and free to those with Medicare Part B. Please utilize the chart to which it may accomidate your schedule. You may also share with anyone living in the City of Bethlehem that may also benefit from our services.

MRC volunteers have proven themselves to be a critical asset in the battle against protecting our community against this illness and for this reason we may ask you again for your participation in our clinics. More information will be sent to you at a later date and time

2010 Bethlehem Health Bureau Flu Clinic Sites		
Site	Date & Time	Address
Litzenberger House	Thurs, 9/16/10 9-11am	225 E. 4 th St.
Rooney House	Mon, 9/20/10 9-11am	4 E. 4 th St.
City Hall	Fri, 9/24/10 9-11am	10 E. Church St.
Salvation Army	Wed, 9/29/10 9-11am	521 Pembroke Rd.
Spanish Council	Thurs, 9/30/10 9-11am	520 E. 4 th St.
YMCA	Fri, 10/1/10 3:30-5:30pm	430 E. Broad St.
Lutheran Manor	Mon, 10/4/10 9-11am	2085 Westgate Dr.
Westgate Mall	Tues 10/5/10 4-7pm	2285 Schoenersville Rd.
Senior Center at Moravian House	Tues 10/12/10 9-11AM	720 Old York Rd.
VIA	Wed 10/13/10 1-3pm	336 W. Spruce St.
1 st Presbyterian Church	Fri 10/15/10 9-11am	2344 Center St.
City Hall	Wed 10/20/10 4-7pm	10 E. Church St.
Wesley United Methodist	Fri 10/22/10 9-11am	2540 Center St.



BDS Pill Drill for MRC Volunteers

On Friday, October 8th, 2010 we will be holding a BDS Pill Drill in the Lehigh Valley Ballroom at Comfort Suites Bethlehem, 120 W. 3rd Street, Bethlehem, PA 18015 from 8:30am-12:30pm. A continental breakfast will be served.





2010 NATIONAL PREPAREDNESS MONTH

What is National Preparedness Month (NPM)?

September is National Preparedness Month! This awareness month is sponsored by the Ready Campaign in partnership with Citizen Corps and the Ad Council. NPM is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses, and communities.

THIS IS WHAT WE ARE DOING!

We are working together with BASD's 5th grade students and having an Emergency Preparedness Poster Contest.

The poster contest theme is: **“Create a kit, Make a plan, Be informed”.**

All completed posters must be submitted to the child's teacher. Each 5th grade teacher in the Bethlehem Area School District is to turn in their student's completed posters to their school's main office. All eligible posters submitted will first be reviewed by a panel of judges, comprised of local emergency preparedness leaders and professionals. The judges will select one contest finalist from the submitted posters of 5th grade students from each participating Bethlehem Area Elementary School. From these finalists, the panel of judges will then pick a total of five (5) posters that will be chosen as award winners, with one (1) of these posters being selected as a grand prize winner. Those students whose posters are chosen as award winners will receive a prize. The grand prize winner will also receive a prize and their winning poster will be used by the Bethlehem Health Bureau in emergency preparedness education and promotion. The prize winners will be announced at the Bethlehem School District's Science Fair!

BASIC EMERGENCY SUPPLY KIT

- Water, one gallon of water per person per day for at least three days.
- Food, at least a 3-day supply
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps



Has your contact information changed?

Name, address, phone (home, cell, work),
e-mail, or Emergency Contact Person...etc.

If so, please contact Julie Zumas at 610-997-7910 or e-mail to jzumas@bethlehem-pa.gov



City of Bethlehem
MRC

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